

**Doc McKerr - GHT Itinerary Apr-Jun 2013**

Total Number of Days	Days on the actual GHT	Date	Itinerary	Section
Day 1			Kathmandu Bhadrapur/Birantnagar by flight, drive to Phungling (Taplejung bazaar)	Kanchenjunga Section
Day 2		1 Apr 2013	Taplejung (1820 m) to Chiruwar (1270 m) 9 hrs (22.5km)	
Day 3		2 Apr 2013	Chiruwa (1270 m) to Sukethum (1575 m) 4.5 hrs (12km)	
Day 4		3 Apr 2013	Sukethum (1576 m) to Amjilosa (2308 m) 3 hrs (10.2km)	
Day 5		4 Apr 2013	Amjilosa (2308 m) to Gyabla (2730 m) 4 hrs 40 mins (12 km)	
Day 6		5 Apr 2013	Gyabla (2730 m) to Ghunsa (3595 m) 5 hrs 30 mins	
Day 7		6 Apr 2013	Ghunsa (3595 m) Restday / acclimatization	
Day 8		7 Apr 2013	Ghunsa (3595 m) to Khangpachen (4050 m) 4 hrs 30 mins (13.5 km)	
Day 9		8 Apr 2013	Khangpachen (4050 m) to Lhonak (4780 m) 4 hrs 45 mins (11.2k m)	
Day 10	1	9 Apr 2013	Lhonak (4780 m) to Kanchenjunga Base Camp (5143 m) 3 hrs 30 mins (8.3 km) to Lhonak (4780m) 2 hrs mins (8.3 km)	
Day 11	2	10 Apr 2013	Lhonak (4780m) to Ghunsa (3595m) 7 hrs 15 mins (23.4 km)	
Day 12	3	11 Apr 2013	Ghunsa (3595 m) to Yangma Khola camp (3430 m) 10 hrs 30 mins (19 km ) via Nango La Pass (4820m)	
Day 13	4	12 Apr 2013	Yangma Khola (3430 m) to Kharka west (3727m) of Olongchung Gola 7 hrs (19.1 km)	
Day 14	5	13 Apr 2013	Kharka west Olongchung Gola (3727m) to Pass Camp (4453m) 4 hrs (5.8 km)	
Day 15	6	14 Apr 2013	Pass Camp (4453m) to Yak Herder tent 2 hrs east of Thudam (4162m) via the Lumbha Sambha Pass (5159m) and two other 5100 passes. 12 hrs 15 mins (15.5 km)	Makalu Barun Section
Day 16	7	15 Apr 2013	Yak Herder tent 2hrs east of Thudam (4162m) to forest west of Thudam (4154 m) 10 hrs (17.4km)	
Day 17	8	16 Apr 2013	In the trees (7.5 hrs) (got lost and hit by bad weather) (3584m)	
Day 18	9	17 Apr 2013	Trees (3584m) to Chyamtang (2187 m) 12 hrs (25 km)	
Day 19	10	18 Apr 2013	Chyamtang (2187 m) to Gola (1138m) 11 hrs 30 mins (21.9 km)	
Day 20	11	19 Apr 2013	Gola (1138m) to Num (1564m) 10 hrs (19.3 km)	
Day 21	12	20 Apr 2013	Num (1564m) to jungle house (2 hrs north of Yaphu Phedi) (715m) 7 hrs (16 km)	
Day 22	13	21 Apr 2013	Jungle house (715m) to Kalung (941m) 8 hrs (20 km)	
Day 23	14	22 Apr 2013	Kalung (941m) to Upper Phedi (1554m) 8 hrs 30 mins (20 km)	
Day 24	15	23 Apr 2013	Upper Phedi (1554m) to Gudel (1955m) 11 hrs (20 km)	
Day 25	16	24 Apr 2013	Gudel (1955m) to Najingdingma (2693m) 8hrs (16 km)	
Day 26	17	25 Apr 2013	Najingdingma (2693m) to Payia (2768m) 10 hrs (22 km)	
Day 27	18	26 Apr 2013	Payia (2768m) to Monjo (2896m) 7 hrs 40 mins (18 km)	Everest & Rolwaling Section (Everest)
Day 28	19	27 Apr 2013	Monjo (2896m) to Deboche (3750m) 6 hrs 20 mins (16 km)	
Day 29	20	28 Apr 2013	Deboche (3750m) to Loboche (4973m) 8 hrs (19.8 km)	
Day 30	21	29 Apr 2013	Loboche (4973m) to Dzongla (m) 11 hrs (19.8 km) via (Kala Patthar (5550m)	
Day 31	22	30 Apr 2013	Dzongla (4833m) to Gokyo (4729m) 9 hrs (20 km) via Chola Pass (5420 m)	
Day 32	23	1 May 2013	Gokyo (4729m) to Thame (3795m) 10 hrs (22 km) via Renja La Pass (5360m)	
Day 33	24	2 May 2013	Thame (3795m) Admin day to arrange details with Sherpa for the Tashi Labsta	
Day 34	25	3 May 2013	Thame (3795m) to Tashi Labsta boudler bivvy (5100m) to 5 hrs 30 mins (12 km)	Everest & Rolwaling Section (Rolwaling)
Day 35	26	4 May 2013	Tashi Labsta boulder bivvy 5100m) to Na Goan (4209m) 14 hrs (22 km) via Tashi labsta Pass (5760m) - Used a guide to take me over the pass - ropes, crampons and ice axe were used.	
Day 36	27	5 May 2013	Na Goan (4209m) to Simi Goan (2011m) 8 hrs 15 mins (30 km)	
Day 37	28	6 May 2013	Simi Goan (2011m) to Laduk (2055m) 10 hrs (25 km)	
Day 38	29	7 May 2013	Laduk (2055m) to Big Gumpa (2529m) 9 hrs 10 mins (20 km)	
Day 39	30	8 May 2013	Bigu Gumpa (2529m) to Bjarabesi (868m) 10 hrs 30 mins (28.5 km)	
Day 40	31	9 May 2013	Barabesi (868m) to Village near Dandagoan (1750m) 7 hrs (15.2 km)	Langtang & Helambu Section
Day 41	32	10 May 2013	Village near Dandagoan (1750m) to Sano Okreni (2033m) 10 hrs (16 km)	
Day 42	33	11 May 2013	Sano Okreni (2033m) to Kakani (1961m) 11 hrs (27 km)	
Day 43	34	12 May 2013	Kakani (1961m) to Malamchigoan (2559m) 9 hrs (27.6 km)	
Day 44	35	13 May 2013	Malamchigoan (2559m) to Phedi (3766m) 7 hrs 30 mins (14 km)	
Day 45	36	14 May 2013	Phedi (3766m) to Sybrubesi (1480m) 10 hrs 30 mins (23.7 km)	
Day 46	37	15 May 2013	Sybrubesi (1480m) to Samdang (3274m) 9 hrs 30 mins (23.8 km)	Manaslu and Ganesh Himal Section
Day 47	38	16 May 2013	Samdang (3274m) to Tipling (1860 m) 6 hrs (13 km)	
Day 48	39	17 May 2013	Tipling (1890 m) to Lapagoan (1285m) 6 hrs 30 mins (18.2 km)	
Day 49	40	18 May 2013	Lapagoan (1285m) to Machhakhola Goan (850m) 13 hrs 30 mins (29.7 km)	
Day 50	41	19 May 2013	Macchakhola Goan (850m) to Jagat (1340 m) 6 hrs (16 km)	
Day 51	42	20 May 2013	Jagat (1340 m) to Bihi Phedi (1999m) 8 hrs 20 mins (25.6 km)	
Day 52	43	21 May 2013	Bihi Phedi (1999m) to Loh (3202m) 9 hrs (24.5 km)	
Day 53	44	22 May 2013	Lho (3202m) to Dharamsala (4460 m) 8 hrs 30 mins (22.5 km)	
Day 54	45	23 May 2013	Dharamsala (4480 m) to Tilije (2220 m) 12 hrs 30 mins (32.2 km) via Larkya La Pass (5140m)	
Day 55	46	24 May 2013	Tiliji (2220 m) to Bhratang (2953 m) 9 hrs 30 mins (28.6 km)	Annapurna & Mustang Section
Day 56	47	25 May 2013	Bhrangtang (2953 m) to Manang (3540 m) 7 hrs 15 mins (26 km)	
Day 57	48	26 May 2013	Manang (3540 m) to Muktinath (3760 m) 12 hrs 10 mins (31.6 km) - via Thorang La pass (5415m)	
Day 58	49	27 May 2013	Muktinath (3760 m) to Kagbeni (2810 m) 2 hrs 30 mins (11.5 km)	
Day 59	50	28 May 2013	Kagbeni (2810 m) to Santa ( 3787 m) 9 hrs 40 mins (20.6 km)	
Day 60	51	29 May 2013	Santa (3787m) to Kharka (4983 m) 12 hrs 50 mins (28.8 km) - via valley to south of Junben La pass and crossed over Niwar La pass (5120m)	Dolpa Section
Day 61	52	30 May 2013	Kharka (4983 m) to bivvy 90 mins before Chap Cho (4147 m) 13 hrs (34.9 km)	
Day 62	53	31 May 2013	Bivvy 90 mins before Chap Cho (4147 m) to house 30 mins north of Dho Tarap (4086 m) 12 hrs (24.5 km) via Chan La pass (5378m)	
Day 63	54	1 Jun 2013	House 30 mins north of Dho Tarap (4086 m) to woods next to Phoksundo (3730 m) 15 hrs 15 mins (35.2 km) via Numala La pass (5450m) & Bagala (5169m)	
Day 64	55	2 Jun 2013	Woods next to Phoksundo (3730 m) to Lasa Campsite before Kagmara La Pass (4316 m) 7 hrs 30 mins (24.2 km)	
Day 65	56	3 Jun 2013	Lasa Campsite (4316 m) to Huricot (2691m) 11 hrs 30 mins (33.4 km) via Kangmara La pass (5115m)	
Day 66	57	4 Jun 2013	Huricot (2691 m) to Mani Sagu (2748 m) 10 hrs 15 mins (37 km)	Rara & Jumla Section
Day 67	58	5 Jun 2013	Manu Saga (2748 m) to Jumla (2369 m) 5 hrs 30 mins (24.2 km)	
Day 68	59	6 Jun 2013	Jumla (2369 km) to Chauta (2758 m) 10 hrs 45 mins (33.7 km)	
Day 69	60	7 Jun 2013	Chauta (2758 m) to Gamghadi (2123 m) via going around Laka Rara 11 hrs (33 km)	
Day 70	61	8 Jun 2013	Gamghadi (2123 m) to Darma (2310 m) 11 hrs 45 mins (32.1 km)	Humla Section
Day 71	62	9 Jun 2013	Darma (2310 m) to Lali Khola (1907 m) 12 hrs 30 mins (37.7 km)	
Day 72	63	10 Jun 2013	Lali Khola (1907 m) to Dharapori (2360 m) 9 hrs 50 mins (30.4 km)	
Day 73	64	11 Jun 2013	Dharapori (2360 m) to Tumkot (3073 m) 10 hrs 45 mins (33.6 km)	
Day 74	65	12 Jun 2013	Tumkot (3073 m) to Hilsa (3647 m) 8 hrs 40 mins (27.2 km)	
Day 75		13 Jun 2013	Hilsa (3647 m) to Yalbang (3066 m) 11 hrs (39 km)	
Day 76		14 Jun 2013	Yalbang (3066 m) to Simikot (2985 m) 9 hrs (33 km)	









